

ABSTRACT OF THE DISCLOSURE

Disclosed are compositions comprising: a) silymarin or components thereof, in free form or complexed with phospholipids; b) lycopene, in pure form or in the form of *Lycopersicum esculentum* extract; c) lauric acid or a non-toxic ester or salt thereof or the lipophilic extract of *Serenoa repens*; d) optionally, zinc salts and/or selenium compounds.